Which of the 10 Simple Steps Can You and Your Family Take to Help Improve Air Quality?

1. Trip chain. It's easy! It's when you combine errands into one trip. When you first start a car after it has been sitting for more than an hour, it pollutes up to five times more than when the engine's warm.

2. Care for your car. Regular maintenance and tune-ups, changing the oil and checking tire inflation can improve gas mileage, reduce traffic congestion due to preventable breakdowns and it could reduce your car's emissions by more than half.

3. Don't top off the tank. It releases gas fumes into the air and cancels the benefits of the pump's anti-pollution devices. So stopping short of a full tank is safer and reduces pollution.

4. Get fuel when it's cool. Refueling during cooler periods of the day or in the evening can prevent gas fumes from heating up and creating ground-level ozone.

5. Know before you go. Get travel and transit updates before you leave home and you won't get stuck in a jam.

6. Ride your bike. It's a great way to travel and it can help you and the air get into condition. Vehicles on the road create more than 25% of all air pollution nationwide.

7. Take things in stride. Walk or in-line skate instead of driving. They're easy ways to get exercise and they're easy on the air.

8. Share a ride. Even if you car pool or take mass transit just once or twice a week, you'll reduce traffic congestion and pollution, and save money.

9. Telecommute. Work at home sometimes. You'll save time and money, and reduce emissions and traffic congestion.

10. Spread the word. If everyone took just a few of these simple, easy steps, it could make a big difference because—

It all adds up to cleaner air

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P T R I P C H A I N X D D
T E A I T R A I N D O R E
I L N O D S P R Q N O T C
S E Z F R E S H T W A O N
N C L E A N S T E K P J A
A O Z O N E O H S K B L N
R M Q S M P T E A R I O E
T M A J O D N L E R K O T
S U M F A I J A B F E P N
S T F E L R T I K N R R I
A E R N O H T Q L U I A A
M P I K E B U S A V D C M
S L O O C N E H W L E U F
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RIDE SHARE
BIKE RIDE
WALK
MASS TRANSIT
TRAIN
BUS
TELECOMMUTE
CAR POOL
INLINE SKATE
TRIP CHAIN
AIR
BREATHE
FRESH
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